



Kingsport Senior Center News

APRIL 2011

Volume XXII Edition 4

**1200 East Center Street Kingsport,
Tennessee 37660**

The Kingsport Senior Center Presents a:

Fabulous 12 Day Canada & New England Cruise Aboard Royal Caribbean's "*Explorer of the Seas*"!

September 28-October 9, 2011

\$1549 to \$2099 Per Person/ Double Occupancy*

Price includes motor coach transportation, 2 nights hotel accommodations with breakfast, 1 dinner, cruise, cabin, shipboard meals, port charges and taxes.



- 9/29/11 Depart from **Cape Liberty Cruise Pier, New Jersey**
- 9/30/11 Enjoy your day cruising, shopping, relaxing at the spa and enjoy a wonderful dinner and Broadway style show!
- 10/1/11 Historic **Portland, Maine**
- 10/2/11 **Bar Harbor, Maine** - Acadia National Park has some of the most spectacular scenery on the Eastern Seaboard
- 10/3/11 **Saint John, New Brunswick (Bay of Fundy)** - Beautiful natural and historic attractions await you.
- 10/4/11 **Halifax, Nova Scotia** - As your ship comes into port, a bagpiper will welcome you to Halifax, the capital city.
- 10/5/11 Take in the ocean scenery onboard this one of a kind ship. Day spa, fitness center, golf simulator, ice rink and shops.
- 10/6/11 **Boston, MA**— The cradle of the American Revolution.
- 10/7/11 Cruising - Last chance to enjoy all the amenities including the many shops on the Royal Promenade.
- 10/8/11 Return to **Cape Liberty, NJ**— Overnight hotel
- 10/9/11 Enjoy breakfast at hotel then depart for home.

*Price varies by cabin location.

\$250.00 Deposit required by May 2, 2011. Final balance due by June 24, 2011. **Sign-up begins immediately.**

Center News

Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund

**The Kingsport Senior Center is located at
1200 E. Center Street at the Renaissance Center.**

**For more information call the Center at (423) 392-8400
<http://seniors.kingsporttn.gov>**

Center Hours

**Monday thru Friday 8:00 am ~ 7:00 pm
Saturday 9:00 am ~ Noon**

***The exercise room & computer lab will close
15 minutes prior to the closing of the Center.**

April Closings:

***Friday, April 22, 2011**

***Saturday, April 23, 2011**

Membership dues

For Fiscal year

July 1, 2010-June 30, 2011

\$15 ~ Kingsport Residents
\$35 ~ Sullivan County Residents
\$60 ~ Out-of-County Residents

Advisory Council Meeting
Thursday, April 21, 2011
12:30 p.m.
Room: 230

Kingsport Senior Center Staff

Director ~ Shirley Buchanan
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392-8403

Branch Coordinator
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Nutrition Site Manager ~ Sona Bingham
246-8060

INCLEMENT WEATHER SCHEDULE

The Kingsport Senior Center will follow the Kingsport city school schedule for inclement weather. This means if a snow schedule occurs, the center will delay their opening, or if the schools are closed for inclement weather, the center will be closed for **all** activities. In the event of ice or snow occurring during the day, the center reserves the right to close early.

WELLNESS

ETSU College of Nursing

Randy Nentrup, Assistant Professor with ETSU College of Nursing and ten nursing students will be conducting a mini Health Fair "*Care of the Older Adult*" on **Wednesday, April 6, 2011** from 9:30 am to 12:30 pm on the 1st floor hallway Billiards room side. Topics on display, with take home information are:

- **Cancer: Risk Factor and Early Signs and Symptoms**
- **Diabetes Management Information**
- **Heart Disease: Risk Factors and Management**
- **Health Literacy**
- **Healthy Eating & Exercise**
- **Immunizations and Wellness**
- **Living with Arthritis**
- **Managing your Hypertension**
- **Medication Safety**
- **Preventing Constipation**
- **Prevention of Accidental Falls**
- **Sleep Apnea: Signs, Symptoms and Management**
- **Stress Management**
- **Taking Care of Your Eyes**
- **Warm Weather Safety**

Blood Pressure monitoring will be performed and answer many other health related questions as they arise. All members are encouraged to stop by for some valuable information.

Brian Center Health & Rehabilitation Tour

Come join us as we travel to the Brian Center in Weber City, VA for a tour and lunch provided by Brian Center. Cost is \$2.00 for your transportation. We will depart the Center on **Tuesday, April 12, 2011** at 10:15 am and return at 1:00 pm. Sign ups will start on March 16, 2011 with only 33 seats available.

TOURNAMENTS

Table Tennis: We invite all table tennis players to show off your skill on **Wednesday, April 20, 2011** at 1:00 pm. Cost is \$2.00 per person with payment due the day of tournament. We will need 12 to sign up for tournament to be played. This tournament will be doubles play, best of three games with double elimination. Trophy's will awarded to 1st, 2nd, and 3rd place only. Sign up start on Wednesday, March 30, 2011.

Shuffleboard: Our Shuffleboard Tournament held on **Wednesday, February, 16, 2011** was a hard fought battle, and we would like to thank all our members who came out and competed. Congratulations to our winners. 1st place: Gladys Haynes & Thelma White, 2nd place: Walter Mullins & Joyce Manis, and 3rd place: Rose Rowland & Barbara Shoemaker.

WELLNESS SEMINARS

Radon: Radon is a cancer-causing, radioactive gas. You can't see radon. And you can't smell it or taste it. But it may be a problem in your home. Radon is estimated to cause many thousands of deaths each year. In the State of Tennessee, Sullivan County is in the highest potential. Zone 1: Counties have a predicted average indoor radon screening level greater than 4 pCi/L (picocuries per liter). Jan Compton, Environmental Coordinator for the TN Dept. of Environment and Conservation, at the Johnson City Environmental Field Office will speak on **Tuesday, May 3, 2010** in the Card Room at 12:15 pm. Topic of discussion will be "Radon and Other Household Environmental Concerns". Because most people spend a large quantity of time in their home, health risks can be magnified if there is an issue. We will evaluate some potential problems in the home and how to address them. Having an environmentally friendly home can help the occupants live a healthier life. There will be a drawing for a PML Travel & Tours \$250.00 gift certificate. All members are invited and we do hope to see you there.

Hearing Workshop: Linda Gemayel, M. S., CCC-A and Danielle Combs, M. S., CCC-A, Audiologists from the Hearing Center at Holston Valley will be at the Center on **Tuesday, May 31, 2011** from 10:00 am to 11:15 am in the Card Room. Topics of discussion will be "What's New with Hearing Aids". There will be a drawing for a Door Prize! All members are invited and we hope to see you there.

First District Tennessee Senior Olympics

The First District Tennessee Senior Olympics is a special event for seniors 50 and older that combines a wide range of competitive activities. The objectives of the Senior Olympics are to recognize people who have achieved and maintained good health throughout their lives; promote physical fitness and the pursuit of lifetime leisure activities, and provide opportunities for fun, recreation and fellowship. The following counties are included in the First District:

- **Carter**
- **Greene**
- **Hancock**
- **Hawkins**
- **Johnson**
- **Sullivan**
- **Unicoi**
- **Washington**

This years District Olympics start on **Monday, May 23, 2011** and run through **Friday, May 27, 2011** with Golf on **Tuesday, May 17, 2011** at Cattails of Meadowview, Kingsport. For more information visit the website www.tnseniorolympics.com or call Teresa Sutphin at 423-722-5120

Daily Activities and Classes at the Center

Monday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Quilting ~ 9:00 ~ Room 303
Camera Club ~ Go to www.scphotogroup.com
Happy Day Singers ~ 9:45 ~ Travel
Clay, Beginning Throwing ~ 10:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Table Tennis ~ 1:00 ~ Gym
Knitting ~ 1:00 ~ Room 303
Volleyball ~ 4:00 ~ Gym

Tuesday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Tai-chi ~ 8:30 ~ Room 310
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Basket weaving ~ 9:30-11:30, 12:00-2:00 Room 303
Strength Training ~ 9:30 ~ Gym
Renaissance Strings ~ 10:00 ~ Atrium
Sing Along ~ 10:15 ~ Cafeteria
Exercise for Everybody ~ 10:30 ~ Gym
Dulcimer (Beginning) ~ 11:00 ~ Atrium
Good Neighbors ~ 12:15 ~ Lounge
Shuffleboard ~ 1:00 ~ Ceramics Hallway
Pickleball ~ 1:00 ~ Gym
Basketball ~ 4:00 ~ Gym
Karaoke ~ (3rd Tuesday) 4:00 ~ Cafeteria
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Clay, Intermediate & Advanced ~ 9:00 ~ Ceramics/Clay Room
Strength Training ~ 10:15 ~ Gym
Intermediate Clogging ~ 11:15 ~ Room 302
Hand and Foot Card Game ~ 12:30 ~ Card Room
Table Tennis ~ 1:00 ~ Gym
Belly Dance ~ (Women's Only) ~ 1:30 ~ Room 302

Thursday ~

Piano Lessons ~ 8:00 ~ Multipurpose Room
Tai-chi ~ 8:30 ~ Room 310
Mini Cardio ~ 8:45 ~ Room 302
Ceramics ~ 9:00 ~ Ceramics/Clay Studio
Woodcarving ~ 9:00 ~ Room 303
Strength Training ~ 9:30 ~ Gym
Beginning Clogging ~ 10:00 ~ Room 302
Exercise for Everybody ~ 10:30 ~ Gym
Beginning Belly Dance ~ 11:30 ~ Room 302 (Women Only)
Good Neighbors ~ 12:15 ~ Lounge
Volleyball ~ 1:00~ Gym
Pickleball ~ 4:00 ~ Gym
Ballroom Dance ~ 5:30 ~ Cafeteria

Friday ~

Aerobics ~ 8:30 & 9:15 ~ Gym
Genealogy Group ~ 9:00 ~ Computer Lab
Massage Therapy ~ 9:45 ~ Multipurpose Room
Beginning Spanish ~ 10:00 ~ Room 303
Strength Training ~ 10:15 ~ Gym
Pickleball ~ 1:00 ~ Gym
Bridge Group ~ 1:00 Card Room
Art Class ~ Painting ~ 2:00-4:00 ~ Room 303

Saturday ~

Basketball ~ 9:00 ~ Gym
French Class ~ 9:00am ~ Card Room
Table Tennis ~ 10:30am ~ Gym



Martha Bridges and Harley



Angela Price and Sandi

TRAVEL AND SPECIAL EVENTS

Power of Attorney/Living Wills-What to do/What not to do ~ Attorney Polly Peterson ~ Seminar ~ Tuesday, April 5, 2011 ~ 12:15 a.m. ~ Refreshments provided. Cost: FREE. Location: Card room. No sign- up required.

Alternative Housing Fair ~ Thursday, April 7, 2011 ~ 9:00a.m. to 12:00a.m. ~ Location: Atrium. Cost: Free. Open to the public.

Out-to-Lunch-Bunch ~ John Fox Jr. House, Big Stone Gap, VA ~ Friday, April 8, 2011 ~ Departs at 10:00 a.m. Returns by 3:30 p.m. Cost: \$5.00 bus/ \$18.00 plus gratuity. Luncheon includes entrée, side item, soup or salad, dessert, bread and beverage. **Sign-up began: March 8th, 2011.**

"In the Beginning There Were Oils" ~ Thursday, April 14, 2011 ~ 10:00a.m. to 11:30a.m. ~ Returns at approximately 5:30p.m. Cost: \$5.00 paid to instructor. Location: Card room. No sign-up required.

Make Your Own Recycled Copper Earrings ~ Wednesday, April 20, 2011 ~ 10:00a.m. to noon ~ Cost: \$10.00 paid to instructor. **Sign-up begins: April 4, 2011.**

S.A.L.T. Council Seminar with Tami Southerland ~ Thursday, April 21, 2011 ~ 12:15 a.m.to 1:00p.m.~ Location: Card room. Cost: Free. Refreshments provided.

Widowed Person Support Group ~ Thursday April 21, 2011 ~ 5:00p.m. to 6:00p.m. ~ Location: Multipurpose room. Cost: Free. No sign up required.

Budgeting on Fixed Incomes ~ Thursday, April 26, 2011 ~ 12:15p.m. to 1:15p.m. ~ Location: Card room. Cost: Free. Refreshments. No sign-up required.

United Healthcare Information Booth ~ Tuesday, May 3, 2011 ~ 9:00a.m. to 1:00p.m. ~ Cost: Free. No sign -up required.

Harrah's Casino ~ Cherokee, NC ~ Thursday, May 5, 2011 ~ Departs at 9:00a.m. returns at 7:00p.m. Cost: \$35.00 per person. **Valid photo ID required. Sign-up begins: April 5, 2011.**

"A Stitch in Time" 14th Annual Quilt Show , Big Stone Gap, VA ~ Friday, May 6, 2011 ~ Departs at 10:00a.m.. Returns at 4:30p.m. Cost: \$5.00 transportation fee/\$3.00 cash day of trip. Lunch on your own at Bonanza Restaurant in Wise, VA. **Sign-up begins: April 5, 2011.**

Mountain Farm ~ Lavender, Blueberries and Dairy Goats ~ Tuesday May 17, 2011 ~ 8:15a.m. to 4:30p.m. ~ Cost: \$5.00 for transportation. Lunch is on your own at Crickets Corner restaurant in Burnsville, NC. Group farm tour. Gift shop with Lavender and goat milk products, soaps, etc. Refreshments. Baby goats! **Sign-up began: March 17, 2011.**

Bright's Zoo Tour /Picnic Lunch (Bring your own!) ~ Limestone, TN ~ Tuesday, May 25, 2011 ~ 9:00a.m. to 5:00p.m. ~ Cost: \$5.00 Bus/\$15.00 cash day of the trip for the ticket. Please wear comfortable walking shoes! Picnic area is available so please pack a picnic lunch. **Sign-up begins: April 5, 2011.**

Mamma Mia! ~ Belk Theatre Charlotte, NC ~ July 27- 29, 2011 ~ Cost: \$225.00 pp/double occupancy. Trip includes shopping at Northlake Mall, Daniel Stowe Botanical Gardens and more. **Sign-up begins: April 6, 2011.**

Overnight Trip to Mardi Gras Casino and Resort, Charleston, WV ~ Tuesday, August 29-30, 2011 ~ Departs: August 29, 2011, 9:00a.m. Returns at approx. 9:00p.m. August 30, 2011. Cost: \$175.00 Double/\$165 triple, quad.

TRAVEL AND SPECIAL EVENTS

New Orleans & Biloxi Trip ~ 7 Day/6 Night ~ November 13 - 19, 2011 ~ Cost:

\$849.00 Per Person/Double

Occupancy. New Orleans, Biloxi, Atlanta and Harrah's Casino. \$250.00 non-refundable deposit due by June 24, 2011.

Sign-up begins: April 6, 2011.



Barter Theatre Main Stage

Wednesday, June 1, 2011

10:30 a.m.

\$25.00 Tickets/Transportation

Lunch is on your own at Allison's

Disney's Beauty and the Beast has become an international sensation that has been played to over 35 million people worldwide! It's the classic story about Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped in a spell placed by an enchantress.

New Orleans/Biloxi 7 Days/6 Nights

November 13-19, 2011

\$849.00 Per Person/Double Occupancy

\$1089.00 Single

Visit Beautiful historic New Orleans, Louisiana, Biloxi, Mississippi and Atlanta, Georgia. A trip to Harrah's Casino is also included in this trip. \$250.00

non-refundable deposit due June 24, 2011. **Sign-up begins:** April 6, 2011



Join us for a Cinco de Mayo Lunch!

Thursday, May 5, 2011

Mexican food, entertainment, music and more! The celebration will take place in Room 310 of the Kingsport Senior Center. Sign-up begins

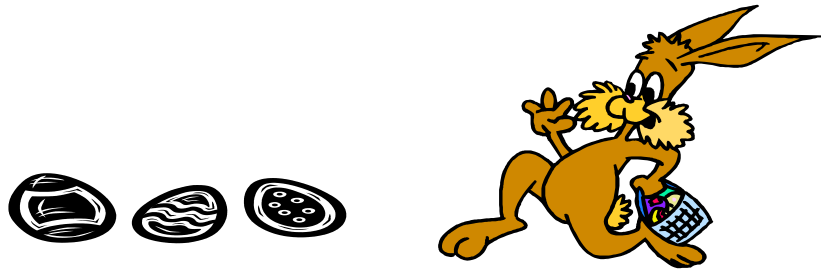
April 5, 2011. Cost: \$3.00



TRAVEL AND SPECIAL EVENTS

Intergenerational Easter Egg Hunt

Join us on Friday, April 1, 2011 for the Kingsport Senior Center's Intergenerational Easter Egg Hunt. The event takes place on the front lawn and begins at 10:00a.m. Refreshments, prizes and more! Sponsored by New Vision Youth. Cost: Free



Easter Lunch

Thursday, April 21, 2011
11:30 a.m.

Catered by Piccadilly

Location: First floor of the Renaissance Center.
Cost is \$2.00 and please bring a covered dish.
Sign-up begins: April 1, 2011

Barter Theatre Presents

"ELVIS HAS LEFT THE BUILDING"

Barter Stage II

Thursday May 19, 2011
10:30a.m.

\$25.00 Tickets/Transportation
Lunch on your own at O'Charley's

Trunk Sale

Friday, April 29, 2011
8:00a.m. to 1:00p.m.

Browse through the items for sale at the Kingsport Senior Center's Trunk Sale. The sale will take place on the front parking and lawn area of the Renaissance Center. There is no charge to attend.

OTLB/ Shopping - The Grove Arcade, Asheville, NC

Friday, May 20, 2011

\$5.00 Transportation/Lunch on your own
Galleries, specialty shops and restaurants.

Please wear walking shoes!
Sign-up begins: April 6, 2011



It's 1970 and Elvis is missing! Will they find an impersonator in time before the big live show? What has the real Elvis been up to anyway? From the authors of Barter's smash comedy "Don't Cry for Me, Margaret Mitchell" this hilarious story will keep you guessing until the very end. Sign-up begins: April 6 2011

NEWS TO USE

What Exactly is Craigslist?

Craigslist is a type of free, local online classified ads. Find the most interesting free item, the most expensive item for sale, or perhaps the most unique item!

Learn to navigate your way through Craigslist by signing up for free sessions.

To explore Craigslist we will be using Generations on Line, a simplified way for older adults to experience the internet.

Two sessions will be held on Mondays, Wednesdays and Fridays.

Session One: 1:00p.m.-3:00p.m.

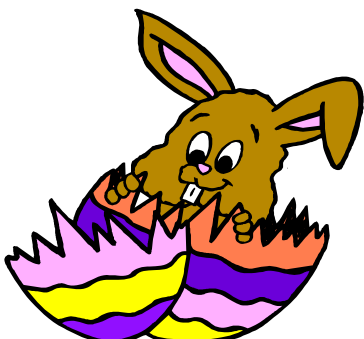
Session Two: 3:00p.m.-5:00p.m.



Do You Receive Social Security or Are You Getting Ready to Apply?

You can apply for Social Security and/or Medicare online.

Instructions on how to apply online or access other Social Security services have been provided to us by the Social Security Office, and are available in the Senior Center Computer Lab. Note: You need to sign up for Medicare at 65 years of age even if you are not planning to apply for Social Security at that time.



A TASTY TREAT FROM MARSHA

Pistachio Nut Bundt Cake

- 1 (18.25 ounce) package yellow cake mix
- 2 (3.4 ounce) packages instant pistachio pudding mix
- 1 cup sour cream
- 1/2 cup vegetable oil
- 4 eggs
- 1/2 cup packed brown sugar
- 1/2 cup chopped walnuts
- 1 tsp. ground cinnamon
- 1/4 cup powdered sugar for dusting

Preheat oven to 350 degrees. Grease and flour a 9 inch Bundt pan. In a medium bowl, stir together the cake mix and instant pudding. Add the sour cream, oil and eggs, mix well. Pour half of the batter into the prepared pan. Combine the brown sugar, walnuts and cinnamon, sprinkle over the batter in the pan. Cover with the remaining batter. Bake for 1 hour in the pre-heated oven until cake springs back when lightly touched. Cool for 15 minutes in pan before inverting onto a wire rack to cool completely. When cake is cooled, dust with powdered sugar.

Who's afraid of a little mouse?

Think back to when you were first learning how to use the mouse. Can you remember how difficult it was for you? For many of us, the mouse has become second nature. Try this--if you are right handed, try using the mouse with your left hand (and vice versa). Pretty hard isn't it?

The best way to help seniors over their reluctance to try the computer is to let them sit down and use it. Request a reluctant elder to help you evaluate this new program called "**Generations on Line**". Ask her or him to read the directions aloud and do what it says.

If an older learner is having a hard time with the mouse have them try two-handed mousing; use one hand to move the mouse and the other to click.

Suggestion: playing Solitaire is a good way for many people to practice their mousing skills.

Your Page

From the Dancing Corner

Kids our age returns Rascals on April 8th. This three-man band needs no introduction in this area. They stay very busy playing in all venues and dance circuits. They are very popular with ballroom dancers, shaggers and music lovers. The band plays a wide variety of pop music that folks enjoy. The amazing thing about David Riggs (lead singer and guitarist), Jim Lane (keyboard player) and Jim Philyaw (the drummer) is that it doesn't matter how big or small an audience that they have, they always give it their all. Their level of enthusiasm, energy and superb level of performance is contagious. When they play, it is guaranteed to be an enjoyable occasion. So trot out your dancing shoes and join us at Rascals on April 8, 2011 to have a great evening.

We look forward to seeing you and your friends!

April Dance with Live Music from *Kids Our Age*

Friday, April 8, 2011 7:00PM - 10:00PM

Rascal's Teen Center

125 Cumberland Street, Kingsport, TN

Cost: \$5.00 per person. Please bring a dessert or snack to share.

Volunteers Needed

- **The Kingsport Senior Center is beginning a Fire Prevention and Fall Prevention initiative with the Kingsport Fire Department. We are looking for a few Volunteers who are willing to be trained to give the presentation to home - bound seniors. The requirement will be to give 5 presentations over the next 12 months. Presentations take approximately 30 minutes. If you are interested please contact Cindy Price for more information at 392-8402**
- **City Hall needs someone to answer phones/light filing Please contact Marsha Mullins at 392-8400.**

1 Hour Manicures

Provided by DB

Cosmetology
students

Cost: \$2.00, paid to
manicurist

Wednesday, April 13th Time: 11:30 a.m.

Last appointment at 1:30 p.m.

Please sign-up in the office.

Just for Singles Fun Dinner

Thursday, April 14, 2011

Time: 3:00p.m. to 5:00p.m.

Where: Cafeteria

No sign-up required

Please bring a covered dish

Library Book Day

Thursday, April 21, 2011

Time: 9-11 a.m.

Table in front of the senior center office.

Massage Therapy Appointments

Fridays with Debra Defrieze

30 minute massage \$15.00,

call (423)791-4693

AND

Every other Tuesday with Kirsty Zahnke, BSc, CMT

call (276) 870-2396 , 1 hour massage \$50.00

Schedule appointments by calling and pay massage therapist day of appointment.

Generations Online Internet Class

Mondays, Wednesdays and Fridays

1:00 p.m. to 5:00 p.m.

This is an opportunity to learn how to use the internet, the lingo, how to use a mouse, send email and how to use a search engine. Class is free. Sessions are taught by a tutorial on the computer. A "peer coach" will be there to assist you. See "peer coach" during designated times to make arrangements to take class.

KINGSPORT SENIOR CENTER

SPRING 2011

Session I

Class Schedule

Classes begin the week of April 18th
Classes end the last week of June
(Unless otherwise specified)

Spring Computer Classes

Four - Six Week Courses ~ \$25

Two Day Seminars ~ \$15

One Day Seminars ~ \$10

Must sign up in advance of first class.

Payment is due the first day of class.

All classes other than basic require student to have basic computer skills, and have proficient skills in using a mouse, in order to take the class.

Individual help is available for persons with disabilities, in order to learn how to adapt settings on home computers. For more information or to schedule an appointment, call Mary at 392-8433.

We are creating a list of interest for e-mail and Excel computer classes, if interested and to be put on the list, please call 392-8400.

Basic Computer

6 Sessions: April 19, 26 May 3, 10, 17, 24
Tuesdays 9AM - 11:30AM
Cost: \$25.00

Internet Class

4 Sessions: April 28, May 5, 12, 19
Thursdays 1:00PM - 3:30PM
Cost: \$25

EBay Class

Tuesday, June 7, 2011
9:00AM - 11:30AM
Cost: \$5.00

Microsoft Word

6 Sessions - April 19, 26, May 3, 10, 17, 24
Tuesdays 1:00PM - 3:30PM
Cost: \$25.00 for class

Generations Online Internet Class

Monday, Wednesdays and Fridays
1:00 PM - 5:00 PM

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. A "peer coach" will be there to assist you. Contact the peer tutor in the computer room to make sure there is a computer available for you.

Internet Security

1/2 Day
Thursday, April 21, 2011 1:00PM. - 3:30PM
Cost: \$5.00

Email Day Seminar

May 26, 2011 9:00Am -11:30AM
1:00PM - 3:30PM
Cost: \$10.00



Spring 2011 Classes Continued

Aerobics

- Monday, Wednesday & Friday (ongoing)
- Time: 8:30am - 9:15am
- Location: Gym
- Instructor: Earl Selfe
- Low Impact Aerobics

Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

Art Class - Painting

- Friday
- Time: 2:00pm - 4:00pm
- Location: Room 303
- Instructor: Ann Thwaites
- All types of media; painting and drawing

Ballroom Dance

- Thursday
- Time: 5:30pm - 6:30pm
- Location: Cafeteria
- Instructors: Walt & Margaret Baumgardner
- Learn to waltz, Polka and cut a rug

Ballroom Video Class

- Tuesdays
- Time: 4:30pm - 6:30pm
- Room 302
- No instructor, practice to own music

Basketweaving

- Tuesday
- Time: 9:30am - 11:30 am & 12:00pm - 2:00pm
- Location: Room 303
- Instructor: Lynne Bowers

Belly Dance for Beginners (Women Only)

- Thursdays
 - Time: 11:30am
 - Location: Room 302
 - Instructor: Angela Price
- Must have 8 for class to begin.
Please sign up at office.

Belly Dancing - (Women Only)

- Wednesday
- Time: 1:00pm - 2:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

Camera Club

Please visit website for meeting times

- Instructor: Claude Kelly
- Website:
WWW.scphotogroup.com

Ceramics

- Tuesdays and Thursdays
- Time: 9:00am - 11:30am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- **Please remember your annual \$10 firing fee**

Clay ~ Beginning Throwing

- Mondays
- Time: 10:00am - 2:00pm
- Location: Ceramic/Clay Studio
- Instructor: Aleta Chandler
- 12 weeks: \$30, pay in office
- Limited to 8 participants

Conversational French

- Saturdays
- Time: 9:00am - 10:00am
- Location: Card Room
- Instructor: Fay Saffari
- \$30.00 paid to instructor

Clay ~ (Intermediate and Advanced)

- Wednesday (9:00am - 2:00pm)
 - Location: Ceramics/Clay Studio
 - Instructor: Aleta Chandler
 - 12 weeks; \$30; pay in office (\$15 if taking both classes)
 - Hand building
- * **Please remember your annual \$10 firing fee**

Clogging - (Beginning)

- Thursday
- Time: 10:00am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

Clogging - (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

Dulcimer (Beginners)

- Tuesdays
- Time: 11:00am
- Location: Multipurpose Room
- Instructor: Peggy Ferrell
- Learn to play this beautiful instrument

Exercise for Everybody

- Tuesdays & Thursdays (ongoing)
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle
- A sit-down aerobics class for everybody

Spring 2011 Classes Continued

Good Neighbors

- Tuesdays and Thursdays
- Time: 12:15pm
- Location: Lounge
- Staff
- Guest speakers, trips, bingo and fellowship

Happy Day Singers

- Mondays
- Time: 9:45am
- (3rd) Friday
- Time: 10:15am
- Inspirational singing at nursing homes

Jam Session

- Thursdays ~
- Time: 12:00 noon
- Location: Cafeteria

Karaoke

- 3rd Tuesday
- Time: 4:00 pm
- Location: Cafeteria
- Bring snack to share

Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

Mini Cardio Exercise Class

- Tuesdays, Thursdays, 8:45am - 9:15am
- Room: 302
- Instructor: Roger Hixson

Piano Lessons

- Tuesdays and Thursdays
- 8:00am - 11:00am
- \$15 (30 minute lessons)
- pay instructor
- Location: Multipurpose Room.
- Instructor: Freda Karsnak
- Call for Appointment 423-292-2711

Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: Shelia Davis
- Beginning level class will help you master the art of quilting

Renaissance Strings

- Tuesdays
- Time: 10:00am - 11:00am
- Location: Atrium
- Instructors: Lucille Hinke and Jan Fenelon

Sign Language (Beginning)

- Fridays
- Time: 9:00am
- Location: Card Room
- Instructor: David Glass
- Participants will receive a certificate at the end of classes. This is an eight week class. (April 29 to June 13)
- \$30.00 paid to instructor

Spanish (Beginning)

- Fridays
- Time: 10:00am
- Location: Room 303
- Cost: \$30 plus \$18 for book, pay instructor
- Minimum of 8 for class, sign up in office
- Instructor: Holanda Holtzclaw

Strength Training

- Monday, Wednesday & Friday (Ongoing)
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing
- Strength workout for the whole body

Tai-Chi

- Tuesdays & Thursdays
- Time: 8:30am
- Location: Senior center, Room 310
- Instructor: Hang Lei

Woodcarving

- Thursdays
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Learn the art of woodcarving
- Beginners welcome



Spring 2011 Branch Site Class Schedule

Core Conditioning

- Tuesdays & Thursdays
- Time: 9:30am - 10:30am
- Location: Boys/Girls Club
- Instructor: Chris Hicks
- Great for all ages. Gain core strength.

Lap Swimming

- M-F
- Time: 12:30 - 1:00pm
- Location: Dobyns-Bennett pool
- No instructor, lap swimming

Line Dance - Beginning

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

Line Dance - Intermediate

- Mondays
- Time: 12:45pm - 1:45pm
- Location: Boys/Girls Club Instructor: Lyna Faye McConnell
- Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES.

Advanced Yoga

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

Private Personal training with Chris

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

Private Personal training with Tony

- Call for appointment ~ 423-9630653
- Call for Prices
- Instructor: Tony Mays

Step Aerobics

- Mondays & Wednesdays
- Time: 8:30am - 9:30am
- Location: Boys/Girls Club Gymnasium
- Instructor: Chris Hicks
- A 50 – 60 minute workout for all ages and abilities.

Strength Yoga (An alternative style)

- Tuesdays & Thursdays
- Time: 8:30 - 9:30
- Location: First Broad Street UMC
- Instructor: Tony Mays

Tai-Chi (Beginning Level)

- Tuesdays & Thursdays
- Time: 9:45am - 10:45am
- Location: First Broad Street UMC
- Cost: \$15, pay before first class. Lasts 12 weeks.
- Instructor: Hang Lei
- Ancient Chinese deep breathing exercise
- *Must be a Senior Center member*

Yoga

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

Zumba Fitness

- Tuesdays and Fridays
- Time: 10:30am
- Location: Lynn View Community Center
- Instructor: Brooke Taylor
- Minimum of 8 students required

Water Aerobics (starting date to be announced)

- Time: 7:00 AM
- Location: Dobyns-Bennett Pool
- Cost: \$2 per session
- Instructor: Tony Mays
- **Sign-up in office**

Total Body Workout

- Wednesdays – Begins March 9, 2011
- Time: 9:00am - 10:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

***You must be a member of the Kingsport Senior Center to participate in classes at any of the branch locations.**

Kingsport Senior Artisan Center

The Artisan Center at the Lynn View Branch is searching for artists and their work.

We are making plans to implement a new marketing strategy which will include signs, a website and other media advertising.

If you are interested in selling your art at our Consignment Center, please email samples of your work along with a brief artist biography to: price@ci.kingsport.tn.us or call Cindy Price at 392-8402. It is not necessary to be a member of the Kingsport Senior Center, but you must be 50 years of age or older.



Kingsport Senior Artisan Center at Lynn View



Exercise Room at Lynn View



**BE ON THE LOOKOUT FOR THE FALL SCHEDULE!
CLASSES LISTED HERE WERE FOR THE SPRING
SESSION.**

Kingsport Adult education classes are administered by
The Kingsport Senior Center.

For more information or to sign up for a class, please
Call 423-392-8400

All classes are subject to cancellation if enrollment does
not meet minimum numbers. Minimum number varies
by class. Fees will be returned on 1st night of class if
cancelled.

JOB SKILLS

Beginning Computer Literacy

- 6 Weeks
- \$70 fee
- Mondays 6:00pm - 8:00pm
- Instructor: Marie Kinchloe
- Tuesdays 6:00 - 8:00pm Begins
- Location: Computer Lab, Lynn View CC

**2008 National Electric Code (Residential
Services and grounding)**

- 8 Weeks
- \$70 fee
- Mondays 6:00 - 8:00pm
- Instructor: Chris Ferrell, Electrical Inspector
-

One Day Computer Workshops

- Internet Job Searches
- Social Media (Facebook)
- Online Health Information
- Digital Scrapbooking
- \$5 fee each session, begins at 5:30pm
- Instructor: Janelle Galbreath

**Beginning Heating Ventilation and Air
Conditioning Certification**

Preparation

- 10 Weeks
- \$165
- Tuesdays 6:00pm - 9:00pm
- Instructor: Jim Dotson
- Location: Multipurpose Room, Renaissance Center
- There will be 2 more 10 week sessions following this class. Upon completion of all three sessions you will be prepared to take your certification test.

CULTURAL/ARTS/CRAFTS

Card Making Workshop

- Thursday
- 5:30pm
- Instructor: Vicki Patton
- Fee: \$10/includes materials

Location: Lynn View Community Center

Introduction to Woodworking

- 5 Weeks
 - \$50 fee, \$25 Senior Center members
- Mondays 5:30pm - 7:30pm

**Building Birdhouses (your choice of
Bluebird or Martin)**

- Must take Introduction to Woodworking first or have permission from instructor
 - 5 weeks
 - \$50 fee, \$25 Senior Center members
- Mondays 5:30 - 7:30pm,

Chinese

- 11 weeks Fridays
- \$55 student, \$75 student w/parent
- Class 1: Children ages 4-8 , 4:00pm - 5:00pm Instructor: Hang Lei
- Class 2 8 and up, 4:15 - 5:15pm , Instructor: Jean Chang
- Location: Renaissance Center, Room TBA
- This class will help both Chinese and non-Chinese descent people foster a deeper understanding of the Chinese culture.

French

- Saturdays
- Time: 9:00am
- Location: Card Room
- Cost: \$30, please pay instructor, Fay Saffari
-

HEALTH/EXERCISE

Personal Training with Chris or Tony

- Instructor: Chris Hicks /Tony Mays
- Available by the hour or as package
- Contact Chris (423-741-5643) or Tony (423—963-0653)
-

Zumba Fitness

6 weeks

- \$25 fee per session
- Instructor: Becky Lifford
- Location: Lynn View Community Center, Cafeteria
-

Strength Training

6 weeks Instructor: Chris Hicks

Class 1 - Monday & Wednesday, 4:30

Class 2 - Tuesday & Thursday, 5:30

Location: Lynn View Community Center

Water Aerobics

\$80/ 12 weeks

Tuesday and Thursdays 7:00a.m. DB Pool

DANCE CLASSES

Beginning Line Dance

- 8 weeks
- \$25 fee
- Instructor: Lyna Faye McConnell
- Thursdays, 6:30pm - 7:30pm
- Location: Lynn Garden Community Center

Trail Dance

- 8 week class
- Dates same as Line Dance
- \$25 fee or free if you take Line Dance class
- Instructor: Lyna Faye McConnell
- Thursdays, 7:30pm - 8:30pm
- Location: Lynn Garden Community Center

Hula Dance

- 6 week class
- \$25
- Tuesdays, 5:30 PM
- Instructor: Tilini Miller
- Location: Renaissance Center

ATTENTION:

Anyone who attended the
Memorial on January 18th in
the woodshop for B.L. Wilder,
and picked up a picture,
please return it to Joan Wilder.

She had displayed these
pictures and did not have
copies of the two that were
taken. She is heartbroken and
is sure that someone just
wanted a memento; however
she does *not* have additional
copies of these pictures.

Thank you for your help in
seeing that they are returned to
Joan.

Contribution

Name: _____

Street: _____

City, State & Zip: _____

Phone: _____

E-Mail: _____

If your gift is a memorial/honorarium, please complete the information requested below.

Name of person being honored:

A notification of your gift will be sent to the recipient or representative if requested.

Person to be notified:

Street: _____

City, State & Zip: _____

____ YES, I do want the recipient/ representative notified.

For more information, contact:

Kingsport Senior Center
1200 E. Center Street
Kingsport, TN 37660
(423) 392-8400
kptseniors@hotmail.com

Friends of the Kingsport Senior Center

Mission Statement

Our mission is to help the Center remain a vital, caring, and supportive Center for all seniors.



Friends is vital to the Kingsport Senior Center to:

- Provide general support to the Kingsport Senior Center.
- Purchase, upgrade and repair items which the City of Kingsport funding does not cover.
- Help maintain the integrity of the Kingsport Senior Center.
- Provide feedback to the Center director and staff.

Contributor Benefits

Benefits of being a contributor include:

- Knowing your dollars go directly to the operation of the Senior Center. **Friends** has no paid employees. Your gifts and donations are not a part of the city budget.
- Tax deductions for contributions.
- Invitations to special events.
- Recognition in the Senior Center newsletter.

Memorials/Honorariums

- In addition to annual contributions, memorial/honorarium donations are appreciated.
- A memorial/honorarium gift to the Friends of the Senior Center is a caring way to recognize those who should not be forgotten.
- Honorees and donors will be recognized in the Senior Center newsletter.

Recognition Levels

(Totals include Memorials/Honorariums and Annual Contributions for the Fiscal Year.)

\$10 Individual

\$25 Donor

\$50 Patron

\$100 Benefactor

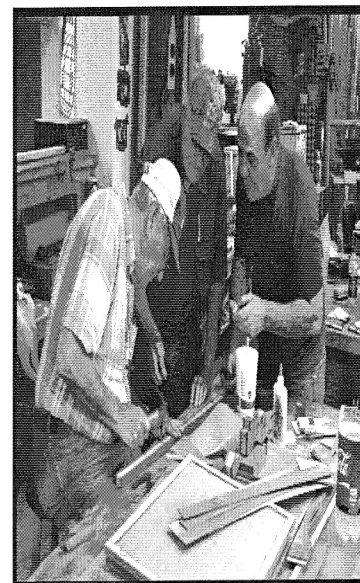
\$150 Sponsor

\$250 Golden Sponsor

\$500 Platinum Sponsor

Friends of the Kingsport Senior Center is a non-profit and tax-deductible organization.

Make checks payable to:
Friends of the Kingsport Senior Center
1200 E. Center Street
Kingsport, TN 37660



cut & mail with check

Kingsport Senior Center Instructor Breakfast

~ By Invitation Only ~

Tuesday, April 5, 2011

9:00a.m. to 10:30a.m.

The Kingsport Senior Center is sponsoring an invitation-only breakfast for all paid and volunteer instructors. Attendance is mandatory and important topics will be discussed during the breakfast.

**Kingsport Senior Center
1200 E. Center Street
Kingsport, TN. 37660
Phone: 423-392-8400**

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